

The Body of Christ

with *Presence*

This pathway explores the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture to its profound role in the life of the Church and her members. It is the crescendo of the entire story of salvation. Although the Eucharist may appear to be simple bread and wine, it is in fact the "source and summit" of the Christian life. Help parents participate in the power of this sacrament as they accompany their child in receiving their First Holy Communion.

AT GLANCE

Sessions	3
Content Runtime	1hr 49min
Liturgical Season	Any
Content	Presence
Content Language	English
Offerings	Spanish

WHAT PARTICIPANTS WILL LEARN

- Empower parents to help their children prepare for First Communion
- Understand that God want to be united to us through the Eucharist
- Recognize that Mass participation is essential because the Eucharist sustains our spiritual journey

WAYS TO RUN THIS PATHWAY

Retreat	1 half-day retreat
Weekly Sessions	3 weekly sessions

PATHWAYS RESOURCES

Video Content

- Episode 1: God Is with Us
- Episode 2: The Story of the Eucharist
- Episode 3: Bread for the Journey

ADDITIONAL RESOURCES

- Lectio: Eucharist
- The Boy from Milan
- What Catholics Believe About the Eucharist

SUGGESTED PREPARATION RESOURCES

- For Catechists: Unveiling the Real Presence of Christ in the Eucharist



Pathway Resources

See all pathway information and materials on the Formed Resource Center

- Videos
- Discussion Materials
- Additional Support

Video Content

Episode 1. God Is with Us | Presence

35 minutes

When is the last time you sat down to enjoy a meal with your family or close friends-not just to eat food in close proximity to each other, but to bask in each other's presence and grow in love for one another? For most of us, this doesn't happen at a typical meal. But this is the kind of meal God wants to share with us. This is the kind of meal he has prepared for us and invites us to participate in through the Sacrament of the Eucharist.

Episode 2. The Story of the Eucharist | Presence

40 minutes

God is the Master Storyteller. He authors His great love story not only with words, but with deeds. All of God's mighty deeds throughout history make up one beautiful narrative of salvation, which culminates in the Paschal Mystery. Jesus's teachings and actions throughout his ministry prepare for the moment he offers himself for, and to, each of us, fulfilling his promise that "My flesh is food indeed, and my blood is drink indeed" (John 6:55).

Episode 3. Bread for the Journey | Presence

34 minutes

Food is one of our most basic needs. We can't live for long without it, and when we are in need of it, our bodies let us know with a hunger that can be nearly impossible to ignore. As indispensable as material food is to our physical life, the Eucharist is even more vital to our spiritual life. God saved the Israelites from starvation in the wilderness by providing manna for them. We need the Eucharist even more than the Israelites needed the manna. It sustains and strengthens us for our life's journey. It is, as Monsignor Ronald Knox once said, "the day's food for the day's march."

Additional Resources

Lectio: Eucharist

10 Episodes

Acclaimed author and teacher Dr. Brant Pitre digs down to the biblical roots of the Eucharist, through its foreshadowing in the miraculous events of the Old Testament, the Gospels, and Apostolic teaching.

'The Lamb of God,' 'The Bread of Life,' 'The Body and the Blood of Christ'... these are phrases we know from the Mass. But do we understand what they mean in the greater and deeper context of Scripture and Church teaching? We'll discover firsthand how Christ's Body and Blood are an integral and wondrous part of God's plan for our salvation.

The Boy from Milan

35 minutes

Discover the inspiring story of Carlo Acutis, the young boy from Milan on the path to sainthood. You may have heard of him, the sneaker-wearing, computer-loving "gamer saint" of our time. But beyond the headlines and hashtags, the real story of Carlo is something deeper, something the world desperately needs to hear. Known for his deep love of God, devotion to the Eucharist, and quiet acts of charity, Carlo's life was a testament to everyday holiness.

Featuring personal stories from those who knew him in real life, this documentary goes beyond the headlines to reveal the heart of a boy who saw Jesus in everyone and never missed an opportunity to love. His simple yet profound faith continues to touch lives, proving that sainthood is for all of us.

Be inspired by Carlo's true story and discover that holiness is possible in daily life.

What Catholics Believe about the Eucharist

10 minutes

Join Dr. Sean Innerst, professor of theology and catechetics at the Augustine Institute Graduate School of Theology, as he answers some of the internet's most popular questions about the Eucharist.

Do Catholics believe the Eucharist is really Jesus or just a symbol? Why can't other denominations receive holy communion at Mass? Is the Eucharist in the Bible? Are Catholics cannibals?

Use Cases

Half Day Retreat

9:00 AM	Arrival, coffee, welcome, opening prayer
9:15 AM	Introduction, Session 1
9:20 AM	Session 1 video, God Is with Us
9:55 AM	Small group discussion
10:15 AM	Break
10:30 AM	Introduction, Session 2
10:35 AM	Session 2 video, The Story of the Eucharist
11:20 AM	Small group discussion
11:40 AM	Break
11:50 AM	Introduction, Session 3
11:55 AM	Session 3 video, Bread for the Journey
12:30 PM	Small group discussion
12:50 PM	Closing reflection and closing prayer

3 Weekly Sessions

7:00 PM	Opening prayer
7:05 PM	Introduction to the session
7:12 PM	Video. Participants follow along in the study guide
7:53 PM	Small group discussion
8:20 PM	Closing reflection and one takeaway for the week
8:27 PM	Closing prayer



See all materials on the **Formed Resource Center**

Discover comprehensive resources and training designed to help your ministry flourish

www.parish.formed.org

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Forming Catholics for *Life*.